

# BREAKSPEARE Personal Exercise Programme

CLINICS

## Desk-based Workers Mobility Routine

Breakspeare Clinic- Milton-Under-Wychwood

Breakspeare Clinic- Cheltenham

Breakspeare Clinic- Didcot

Provided by Scott Phillips

Provided for

Training start date 20/08/2024



©Physiotools

Sitting straight-backed.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

Hold the position for 10 seconds, repeat 6 times. Complete this multiple times throughout the day.



©Physiotools

Scapula Retraction

Start by sitting on a chair with your hands resting on your thighs.

Pull your shoulder blades together. Then relax.

Hold the position for 10 seconds, repeat 6 times. Complete multiple times throughout the day.



©Physiotools

Sit or stand.

Roll your shoulders in both directions.

Repeat 10 times. Complete multiple times throughout the day.



©Physiotools

Sitting.

Turn your head to one side until you feel a stretch. Hold approx. 10 - 15 secs. Repeat to other side.

Repeat this 4 times. Complete multiple times throughout the day.



©Physiotools

### Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx. 10 - 15 secs. Repeat to other side.

Repeat 4 times. Complete multiple times throughout the day.



©Physiotools

### Forward Bend with Round Back

Stand tall and bend forward rounding your back.

Breathe smoothly and hold the position for a moment. Return to the starting position.

Hold for 10 - 15 seconds. Repeat 4 times, complete multiple times throughout the day.



©Physiotools

### Back Extension in Standing

Stand and place your palms above your buttocks on your lower back.

Open your chest, straighten your hips and bend your body backwards. Return to the starting position.

Repeat 10 times. Complete multiple times throughout the day.



©Physiotools

### Trunk Side Bending Stretch

Stand tall, with your feet shoulder-width apart.

Bend your trunk sideways while reaching upwards with your hand. You can place your other hand on your hip. Return to the starting position.

Hold for 10 - 15 seconds. Repeat 4 times. Complete multiple times throughout the day.